

# The Lullaby of Queen Madalasa

Queen Madalasa's Lullaby or 'The Madalasa Upadesha' from ancient Vedic scriptures, 'woke' me up!

I was never a fan of Lullabies. Mostly because I couldn't sing to save my life. However, for her age, my Grandmom has a very sweet, made-for-lullaby voice. It has been ages since I heard or sang (bless my neighbors!) a lullaby. So when I visited my Grandma over Summer last year, I stumbled into a world of profound lullabies and folktales. And it brought such extreme joy and groundedness in my being, that I wanted to share it with the world.

Grandma sang the "Lullaby of Queen Madalasa" for the kids. This lullaby is a part of a story from the 'Markandeya Purana', an ancient Vedic text. In the story, Madalasa, the enlightened Queen of Ritadhwaja sings this lullaby to her kids. When the child cries, instead of diverting the child's attention with material objects, she choose to introduce him to the Ultimate Truth. And that truth is sung in the form of a sweet lullaby called Madalasa Upadesha. You can read the translated scriptures [here](#) and a distilled form of the story [here](#). I present the lullaby with translations below. The translations are from [here](#).

## Verse 1

śuddhosi buddhosi niraṃjjano'si  
saṃsāramāyā parivarjito'si  
saṃsārasvapnaṃ tyaja mohanidrāṃ  
maṃdālasollapamuvāca putram|

### Translation:

Madalasa says to her crying son:  
"You are pure, Enlightened, and spotless.  
Leave the illusion of the world  
and wake up from this deep slumber of delusion"

## Verse 2

śuddho'si re tāta na te'sti nāma  
kṛtaṃ hi tatkalpanayādhunaiva|  
paccātmakaṃ dehaṃ idaṃ na te'sti  
naivāsya tvaṃ rodiṣi kasya heto||

### Translation

"My Child, you are Ever Pure! You do not have a name.  
A name is only an imaginary superimposition on you.  
This body made of five elements is not you nor do you belong to it.  
This being so, what can be a reason for your crying?"

## Verse 3

na vai bhavān roditi vikṣvajanmā  
śabdoyamāyādhyā mahīśa sūnūm|  
vikalpayamāno vividhairguṇaiste  
guṇāśca bhautāḥ sakalendiyeṣu||

### Translation:

"The essence of the universe does not cry in reality.  
All is a Maya of words, oh Prince! Please understand this.  
The various qualities you seem to have are just your imaginations,  
They belong to the elements that make the senses (and have nothing to do with you)."

#### Verse 4

bhūtani bhūtaiḥ paridurbalāni  
vṛddhiṃ samāyāti yatheha puṃsah|  
annāmbupānādibhireva tasmāt  
na testi vṛddhir na ca testi hāniḥ||

#### Translation:

“The Elements [that make this body] grow with accumulation of more elements, or  
Reduce in size if some elements are taken away  
This is what is seen in a body’s growing in size or becoming lean depending upon the consumption of  
food, water etc.  
YOU do not have growth or decay.”

#### Verse 5

tvam kamchuke shiryamane nijosmin  
tasmin dehe mudhatam ma vrajethah|  
shubhashubhauh karmabhirdehametat  
mridadibhih kamchukaste pinaddhah||

#### Translation:

“You are in the body which is like a jacket that gets worn out day by day.  
Do not have the wrong notion that you are the body.  
This body is like a jacket that you are tied to,  
For the fructification of the good and bad Karmas.”

#### Verse 6

tātetī kiṃcit tanayeti kiṃcit  
aṃbeti kiṃciddhayiteti kiṃcit|  
mameti kiṃcit na mameti kiṃcit  
tvam bhūtasamḡhamḡ bahu ma nayethāḥ||

#### Translation:

“Some may refer to you as Father and some others may refer to you as a Son or  
Some may refer to you as Mother and some one else may refer to you as Wife.  
Some say “You are Mine” and some others say “You are Not Mine”  
These are all references to this “Combination of Physical Elements”, Do not identify with them.”

#### Verse 7

sukhani dukkhopashamaya bhogan  
sukhaya janati vimudhachetah|  
tanyeva dukkhani punah sukhani  
janati viddhanavimudhachetah||

#### Translation:

“The ‘deluded’ look at objects of enjoyment,  
As giving happiness, by removing the unhappiness.  
The ‘wise’ clearly see that the same object  
Which gives happiness now will become a source of unhappiness.”

#### Verse 8

yānaṃ cittau tatra gataśca deho  
dehopi cānyaḥ puruṣo niviṣṭhaḥ|

mamatvamuroyā na yatha tathāsmīn  
deheti mātraṃ bata mūḍharaṣa|

**Translation:**

“The vehicle that moves on the ground is different from the person in it  
Similarly this body is also different from the person who is inside!  
The owner of the body is different from the body.  
Ah how foolish it is to think I am the body!”

## Resounding Silence

My broken knowledge of Sanskrit gave me a glimpse of the depth of this lullaby. As the kids rocked to sleep, I googled out the meaning and was blown away, all over again. I was not lucky enough to listen to Grandma’s lullabies as a kid, but I am thrilled that my kids can! Madalasa’s lullaby presents the essence of ‘Brahmagyana’, the ultimate-eternal-knowledge that ‘Seekers’ in the Vedic tradition obtain after years of meditation and spiritual practices. And it is sung to kids in this tradition? A resounding silence came in me after knowing this profound lullaby.

Such powerful truth, rendered as a lullaby. To an infant! I bowed down at the vision of the Vedic civilization. Their awareness and conscious decision to sow and nourish a soul such that, it gives only the sweetest of the fruits. If you wish your child to be empathetic, sow seeds of empathy. If you value abundance in life, introduce abundance through stories and activities. If self-realization is what you wish for your kid, Queen Madalasa’s lullaby will do just that! When one knows the laws of the cosmos, there are no accidents. Only action and corresponding results.

The Cosmos, in its typical fashion, threw this breathtaking YouTube video at me soon after the incident. The kids and I enjoyed [Gaiea Sanskrit](#)’s version. The music is subtle, pleasing and Gabriella Burnel is amazing! We tend to go to sleep to the divine waves of this song. It is after-all a lullaby!

SANSKRIT SONG from The Mārkaṇḍeya Purāṇa  
Watch this video [on YouTube](#).

Recently I found an Indian version of the song which reminded me of my sweet Grandma! [Here is the link](#). Enjoy!

Do let me know your thoughts on this!

<https://www.thestorygenie.com/blog/the-lullaby/>